

Warm-up Exercises

Mallets, pg 2

Warm-up #6

A-  L R L R L R L R L R L R L R L

B-  R L R L R L R L R L R L R L R

C-  L R L R L R L R L R L R L R L

Warm-up #7


I-  L R R L R R L R R L R R L


II-  R L L R L L R R L L R L L R

III-  L R R L R R L R R L R R L


IV-  R L L R R L L R R L L R R L L R

Warm-up #8

 L R L R L L R L R L L R L R L L R L R L

 R L R L R R L R L R R L R L R R L R L R

Warm-up #9

 R L R L RL R L R L RL R L R L RL R L R L RL R L

